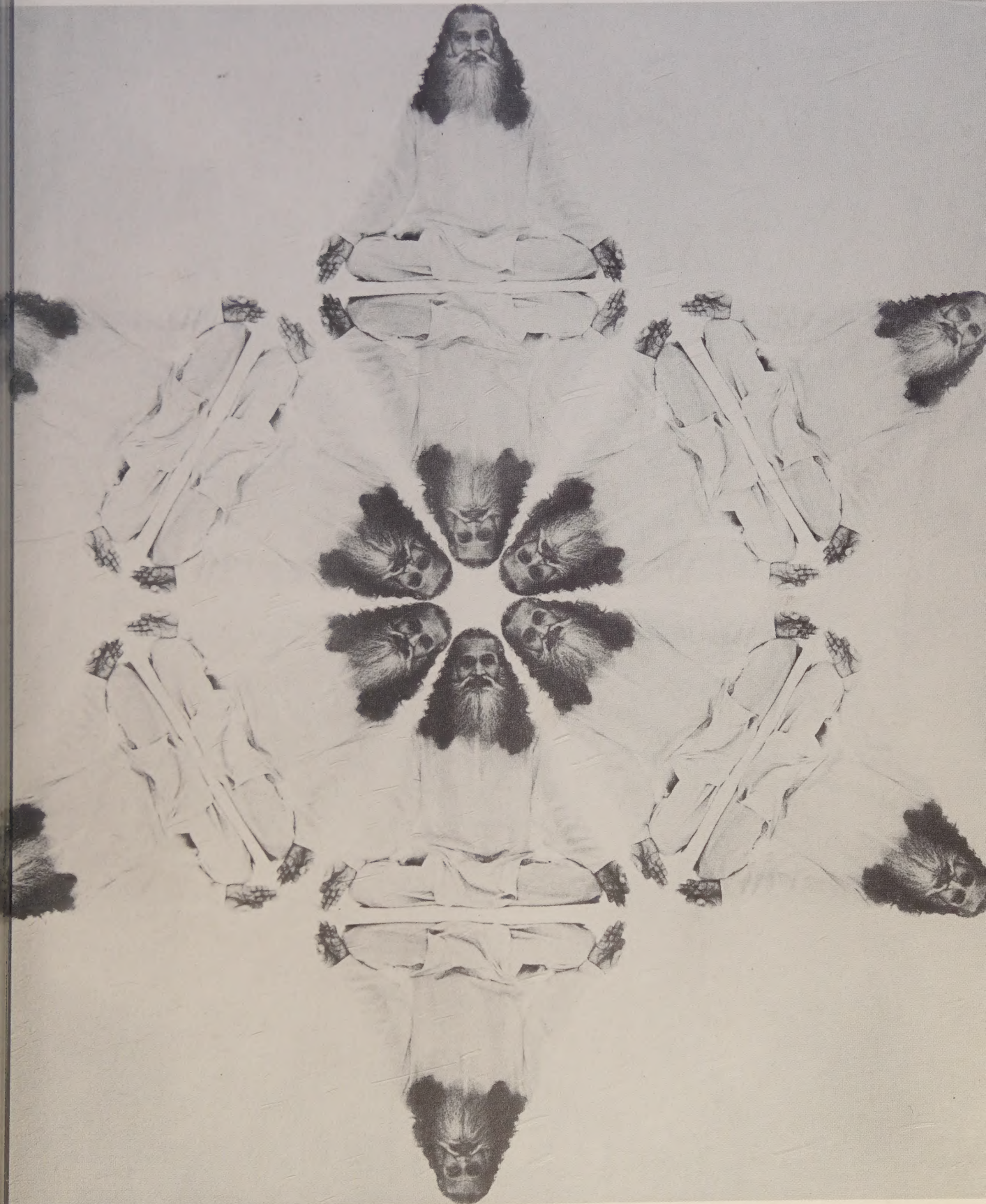


Integral Yoga

A Bi-Monthly Magazine of the Integral Yoga Institute



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1969/70

SAYINGS OF SAGES

Love is the law of life,
To love is to fulfill the law.
And to fulfill the law
Means eternal peace and everlasting happiness.

Swami Sivananda

All scriptures are meant only to make a man
retrace his steps to his original source.
He need not acquire anything new.
He has only to give up false ideas and
useless accretions.

Ramana Maharshi

A divine exemplary life speaks louder than words.
Don't speak unless asked. Ever quietly keep busy
reforming yourself and you will get along
with everyone.

Paramahansa Yogananda

Do you need proof of God?
Does one light a torch to see the sun?

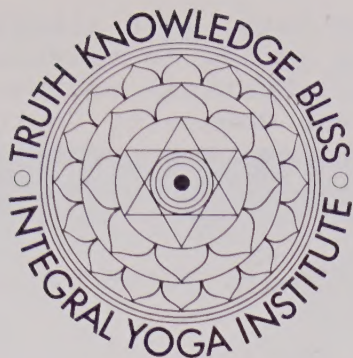
Oriental Wisdom

Your daily life is your temple and your religion.
Whenever you enter into it take with you your all.

Kahlil Gibran

Be firm in your acts, but easy in your heart;
Be strict with yourself, but gentle with your fellow men.

Chinese Proverb



INTEGRAL YOGA INSTITUTE

Founder-Director: Yogiraj Sri Swami Satchidananda

GOAL: Healthy body, sound mind, dynamic will, ethical perfection, universal brotherhood, selfless service, Self-Realization.

THE WAY: Asanas, pranayama, chanting of holy names, self-discipline, meditation, manthra japa, study and reflection.

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Classes: Hatha Yoga, Chanting, Meditation, Lectures and Discussion
A Non Profit Non-Sectarian Organization

Integral Yoga
A Bi-Monthly Magazine

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SIVANANDA JAYANTHI

On September 10th, 1970 almost 1,000 friends and devotees joined to celebrate the Jayanthi (birthday celebration) of Swami Sivananda Maharaj at the Community Church in New York. The following is an excerpt from the message given by Swami Satchidananda on this festive occasion.

There is a saying in the Bhagavad Gita: "If His grace is there, nothing is impossible. The dumb can be eloquent, the lame can cross the hills." We see this in the life of my Master, Sri Swami Sivanandaji Maharaj. You need not search for proof--I am sitting in front of you. If I can come and do some work for you, that is the greatest miracle of Swami Sivananda. And Swamiji went out only once in his lifetime for a two month tour of India and Ceylon. Otherwise he would say, "Why go round? If the flower has plenty of honey, should it send invitations to the bees? They will come by themselves." Thus, people came from all over the globe.

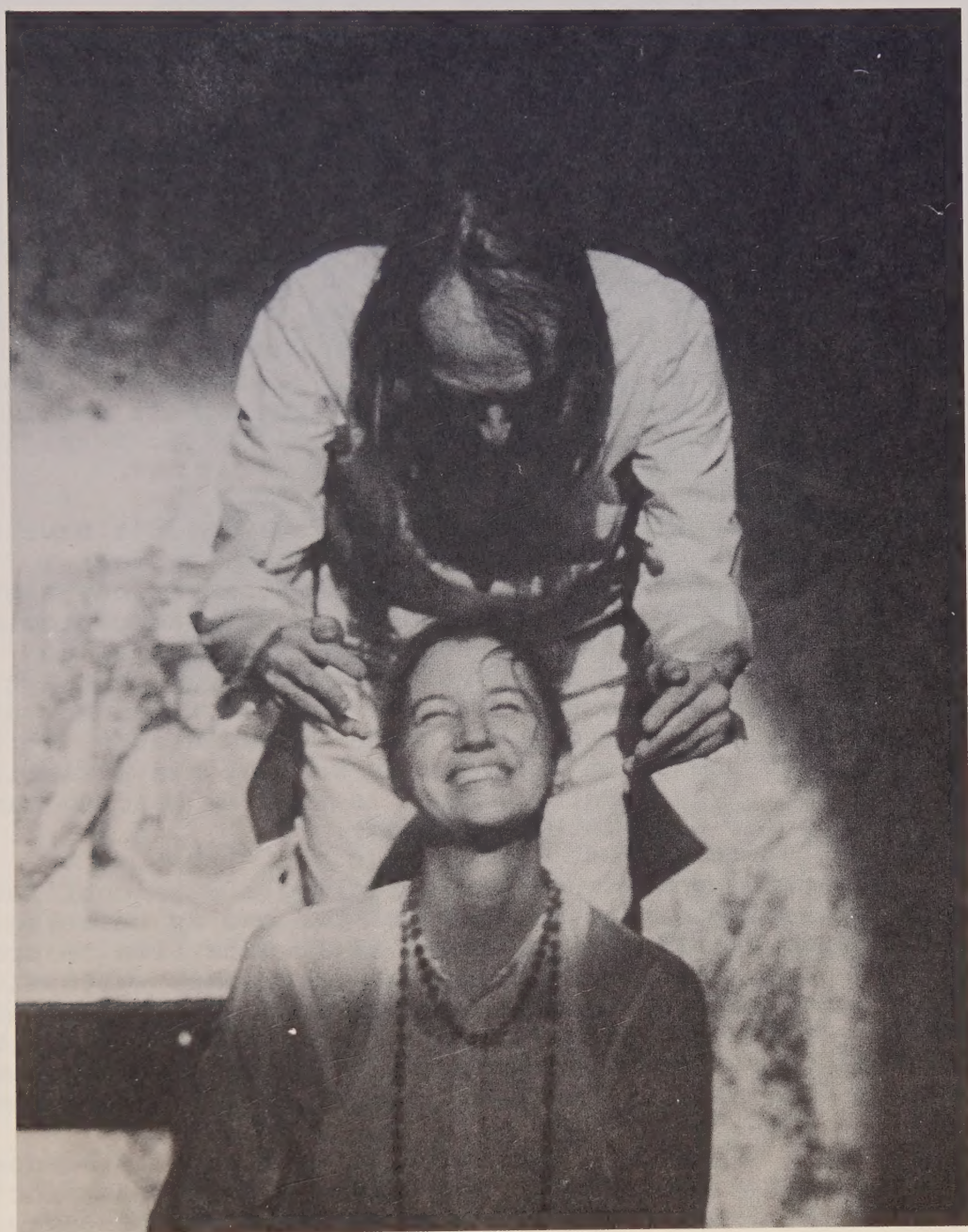
The world has seen the great Master of the age. His teachings are very simple. He never denied anything. His way is called Poorna Yoga, Integral Yoga. He accepted everything. Swami Sivananda is an embodiment of the ecumenical spirit. He was everything: Buddhist, Christian, Muslim, Jew, doctor, playmate, everything. That is why everybody felt at home with him, and by his mysterious and miraculous touch he was able to lift people up. He always taught us to see the good in everything and accept it. He wanted an individual to develop harmoniously, not one-sidedly--the physical, vital, mental and spiritual. So he would sing a song, do japa a little, meditate a little, eat a little, drink a little, sleep a little. The golden middle path; don't go to the extremes.

Swami Sivananda would say that all the teachings should be put in your daily life; see God in everybody, serve everybody. Bear insult, bear injury, that is the highest sadhana (spiritual practice). Accept things equally, as the Gita says: praise and censure; pleasure and pain; profit and loss. The world is the field where we learn this equanimity. That is Yoga. Ease and peace is your true nature. That is the image of God. The Yoga teachings ask you not to do anything that will disturb that ease and peace.

All religions ultimately teach the same thing. Yoga is nothing new to the West. What the West calls union or communion is Yoga. But what is that communion? The real communion is to have it with everybody, with everything. If you cannot have communion with your neighbors, with the things around you, you can't have communion with God. That is Yoga--be nice, be gentle, be loving to everything, to everybody. That is Integral Yoga. Integral Yoga means apply Yoga everywhere, every minute, all through the twenty four hours. That is the great gift of my Master Swami Sivananda.

I am really happy to have gathered here to remember his great teachings. The birthday is only an excuse. A holy man has no birth or death. May this day bring a pure truth to be followed in our lives to make our lives a little better. May the blessings of all the great Masters be upon us and guide us to lead a perfect life with all health and happiness.

Swami Satchidananda



A scene from Swami Sivananda's modern version of the Kathopanishad was performed at the Jayanthi celebration.

ART AND YOGA

Art is a gift of the Lord Himself and an artist is an Amsa of the Lord Himself. By devoting his art to the glorification of the Lord, the artist expands this Amsa and makes it pervade his earth being. He grows more and more into the Lord. Thus can an artist make the best use of his art and use it as his bridge to cross the Ocean of Samsara.

Swami Sivananda in
Sadhana

Ever since December 22nd when I first met Swamiji, I've had this idea, dream, what have you, that there should be some sort of a Satchidananda Fine Arts Center. This would be a company composed of Yogis who are also singers, dancers, actors, musicians, poets, painters, photographers and film-makers, all of whom want to turn the world on to Swamiji and Yoga through their art.

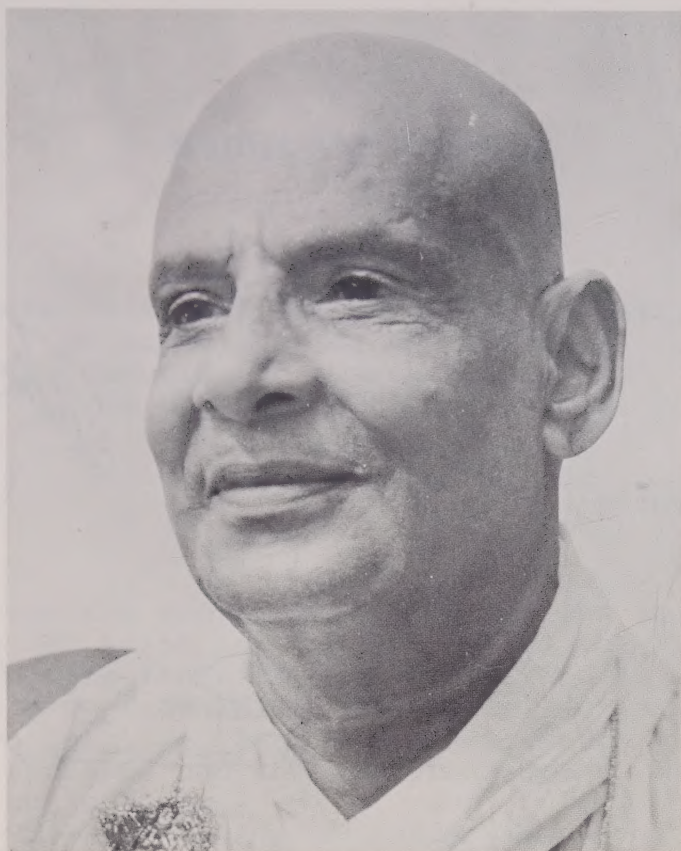
Swamiji has said many times that Yoga doesn't have to mean the Himalaya caves. Integral Yoga can, in fact, integrate with our daily work. In one of his Friday night lectures, Swamiji spoke of how music, dance, and pantomime were originally offered up to God in the temples as an expression of love. It is only in recent times that Art has become a big business. With the lack of financial and spiritual subsidy for the Arts in the United States, it is no wonder that one often feels he is selling his artistic soul down the river. Perhaps that is what is leading many artists into (or back into) Yoga(God).

Just at the point when I was feeling a deep conflict between my acting career outside the IYI and my teaching career inside the IYI, I was asked if I would like to present a theatre piece for Swami Sivananda's Jayanthi. Within two weeks, twenty beautiful IYI artists came forward to help with a modern version of Sivananda's Kathopanishad drama set to music. Playing Nachiketas for Swamiji has to have been the most rewarding artistic and Yogic experience I have ever had.

The seed of the Fine Arts program has finally been sown and is beginning to grow. A small library of films, including Swamiji in Woodstock, Boulder, and Los Angeles and "Swami's Children", a film shown on CBS's "Eye on New York", is being formed. Alice Coltrane has expressed a desire to form an IYI choir to back her up on her next record, as well as to accompany Swamiji's words on another record. The Hartford IYI will perform improvised tales and fables of Ramakrishna. In March, the New York IYI will be putting on an evening at the New School called "The Computer and the Yogi" with mixed media.

With Swamiji's inspiration and guidance, I can't help but feel that we can spread Yoga's message to millions of people through the arts.

Satya Kirkland



SILENCE

Once the disciple of Bhaskali approached his preceptor, Bhava, and asked him where that Eternal, the Supreme Infinite, the Brahman of the Upanishads, was. The master did not speak. The disciple asked again, but the master kept perfectly silent. At last the teacher said: "I have been telling you again and again, but you do not understand me. That Brahman, the Infinite, the Eternal cannot be explained. But by deep silence, know It. There is no other place for Him to dwell, but the one eternal deep silence."

God or Brahman is Supreme Silence. Soul is silence. Peace is silence. Atman is silence. Silence is the language of Brahman, the language of the heart. Silence is the language of the Sage. Silence is immense strength and great eloquence....

Behind all noise and sound is silence--thy innermost Soul. Silence is thy real name. Silence is intuitive experience. To enter silence is to become God. The message of the Sahara Desert is silence. The message of the Himalayas is silence. When the heart is full, when you are overjoyed, there is silence. Who can describe the glory of this silence?...

Purify the mind and meditate. Be still, and know that you are God. Calm the mind and silence the bubbling thoughts and surging emotions. Plunge deep into the innermost recess of your heart and enjoy the great Silence. Enter into It. Know that Silence. Become Silence Itself. Realize God here and now.

Swami Sivananda



They came to this earth as Krishna and Radha
to show what Love celestial is.

RADHA AND KRISHNA

The desire of the moth for the star,
of the night for the morrow,
The devotion to something afar
From the sphere of our sorrow.

Geeta Govind

by Jayadeva

Through the grace of God and its own spiritual effort, the soul's crust melts and begins to feel the attraction and love that the moth feels for the star. God is Love; through Love alone can we reach him. But this love is born "only when He chooses to lure the human soul towards Him and unfold the petals of His charm, and the soul runs to Him as run the rivers towards the ocean."

The deep devotion of the human soul for God is symbolized in the relationship between Radha and Krishna. The story of the Gopis (cowherds) of Vrindaban, Radha being the principal one among them, and their love for Lord Krishna has inspired poets, painters, sculptors and other artists as well as devotees all over the world. It is the story of the woman's sweet feeling for her beloved. It is her desire to mingle and unite with him. But this is not the story of a sensual love. The woman's love and complete surrender to the object of her devotion is the way to meet God.

Krishna embodied the beauty of the Supreme Spirit; Radha and the Gopis were irresistably attracted to his unbounded sweetness. As if under a spell, they listened to his celestial music, longing for divine union with him. Radha cannot live without Krishna, so intense is her devotion. And Krishna also longs for Radha, for as the soul pines for union with God, so does God desire reunion with the human soul.

ROCKY MOUNTAIN YOGA

Swami Satchidananda's first visit to the American Himalayas took place in July 1970 during the Whole Earth Fair at Boulder, Colorado. More than thirty of Swamiji's disciples from the U.S. centers of Integral Yoga also gathered there--not only to be with Swamiji, but to convene the first national meeting of the IYI. At the Fair, Swamiji led a crowd of over 1500 in an hour of silent meditation. After the meditation, almost half of these peaceful participants stayed for a giant Hatha Yoga class taught by Swamiji.

At the IYI meetings, everyone chanted, discussed the service and activities of the different centers - there are now nine in the United States - and planned a central national Yoga ashram in the Rockies. We also had a very sweet family reunion with our beloved Guru.

The energy from all this led immediately to nightly Hatha Yoga classes on the University of Colorado campus. The interest in Yoga was so strong that three weeks later the Integral Yoga Institute of Boulder was formally opened. A full schedule of meditations and Hatha Yoga classes are being held. The enthusiasm of the Rocky Mountain Yogis is so great that six new instructors are currently being trained to serve Boulder, Denver and all Colorado.

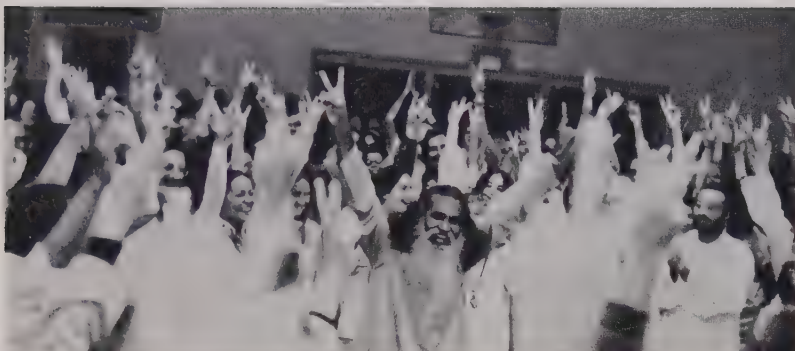
The Boulder IYI is now actively seeking to buy a large house to serve as an ashram. More than two dozen people have come forward to live together as a spiritual community based on the teachings of Swami Satchidananda. They have all pledged their efforts and financial support to make it happen.

On September 22, Swamiji returned to Boulder where he lectured to an audience of over one thousand at the University of Colorado. The following morning he gave Manthra Initiation to twenty-eight people. Since his visit, our 59x23 classroom has been almost full every class. The rate of growth and development of this newest IYI has been beyond any possible human plans or expectations. As Swamiji has said, this is God's work. New friends have come forward from all segments of the Boulder community--religious, business, hip, underground, political and academic--to help establish the IYI. Together we hope to see Boulder grow to become a spiritual center of America.



Hatha Yoga Class for 700 at Boulder Festival





IYI RETREATS

East Coast

Annhurst College, S. Woodstock, Conn.

August 28-September 6

Dallas-Boulder

Carsen National Forest, New Mexico

September 4-6

Detroit

Brighton, Michigan

September 4-6

West Coast

Camp Kennolyn, Santa Cruz Mountains

September 16-20

People are puzzled and worried
about the future of the world.
They should have come here to see.
The future of the world shall be
a heaven. And this is the
beginning here.

Swami Satchidananda

THOUGHTS

The Yoga Ecumenical Retreat
Annhurst College, August 28 - September 6

The word "convocation" means voice together. This convocation was silent but we still voiced together. Without words, we voiced our love for each other and the world around us, we voiced our commitment to bringing peace and understanding to the world. The voices came from many labels--a Rabbi, a Swami, a Benedictine Monk, a Jesuit Priest, and 300-400 followers--but the source of the voices was one. If we learned anything during those ten days, it was that beneath the many labels we call ourselves, we are all one. We are all searching for the same peace and joy and there are many paths that will bring us there. If we came away with just that knowledge implanted in our hearts, it was a successful ten days.

* * * *

Ten days of silence...ten days of learning...ten days of a slow but sure awakening..ten days of love and sharing and brotherhood.

* * * *

It was not easy at first to adjust. From a hectic, noisy city life we were supposed to become silent, indrawn and meditative. Swamiji explained that silence was not merely the absence of words. There is a deeper silence within us that most of us had never before explored. It was in this deeper silence within us that we should try to rest, and from which our actions should come.

The days were filled with intensive spiritual activity--meditation (up at 5 ready to greet the rising sun..what, a beautiful way to start the day!), Hatha Yoga, Karma Yoga (selfless service), lectures and discussions, varied Sadhana (mantra writing, chanting, pranayama --breathing techniques-- walking meditation), and various religious services. One evening we went from a Eucharist Service with Father Maloney and Brother David to a discussion period with Swamiji to a Sabbath service with Rabbi Gelberman. It was a beautiful experience to see the barriers that names impose on us broken down. We are all seeking God and that God is the same whether we are Christian, Jewish, Hindu or Buddhist, or even if we don't call it God at all.

* * * *

In the morning, everyone gathered for a lecture by Swamiji, Swami Venkatesananda brother monk of Swamiji's who graced us with his presence for part of the retreat, or Brother David. These lectures, along with the question and answer periods at night, covered a wide range of topics from the various branches of Yoga--Bhakti Yoga or the path of devotion; Karma Yoga, the path of selfless service; Raja Yoga the Yoga of meditation; and Gnana Yoga, the path of wisdom and self-analysis--to the questions of diet, reincarnation, nonviolence, resurrection, the symbolism of ritual, what Swami Sivananda was like (performed by Swami Venkatesananda), and on and on. As with every talk that Swamiji gives, your personal questions are always answered without your having

to consciously ask them. "Inspiring?"--that is just a word. It cannot come close to describing those treasured moments and hours. Those who have been in the presence of someone like Swamiji and the other leaders of the retreat can understand the truly unique experience of communication from heart to heart rather than from brain to brain. Even the word "lecture" is absurd, for when the heart is open it receives, not words, but experience. A jolting of the being, of the day-to-day complacency. A prodding to go further, to dare to act.



An initiation ceremony was given for 84 people on Friday evening. After almost a week of silence and discipline, the vibrations were intense and beautiful. There were so many beaming faces and silent expressions of love and understanding. The manthra, a divine sound given during initiation, also knew no barriers--a number of Sisters received initiation also! During the ceremony, a perfect rainbow appeared in the sky. It seemed to be a sign--a manifestation of God's beauty both within and without. Swamiji's words entered each heart: "I have given a part of myself to you. Even if you never see me again, Satchidananda will be with you and will protect you." Tears of gratitude.

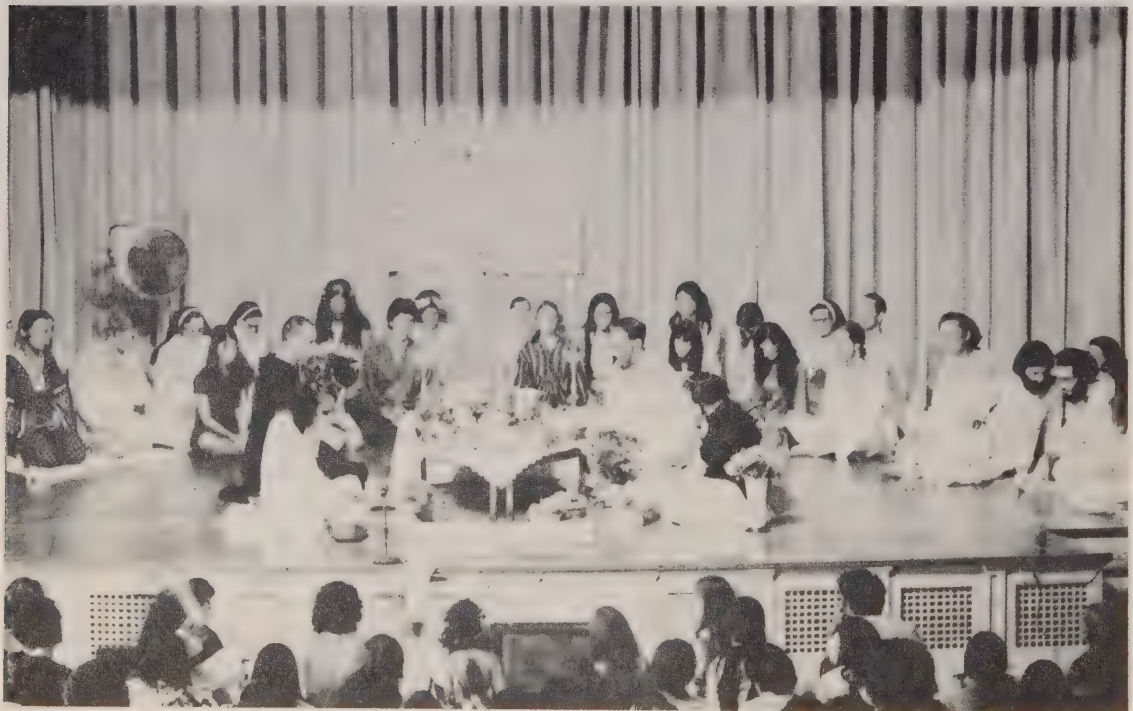
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Swamiji designated the last evening as a "freak out." The Mother Superior and Brother David weren't sure exactly what that entailed, but a yogic "freak out" is something else altogether. Poetry was "performed," Alice Coltrane played superbly on the piano, Eddie and Felix from the Young Rascals shook the hall, and Laura Nyro moved everyone with her songs. There was more, too--everyone let out ten days of silence beautifully and artistically.

Swamiji was a constant example to everyone. Every minute, every second he was always giving. It was almost incomprehensible to see one man giving so much--we felt his power, his love, his deep understanding and wisdom. He was there only to be of service to us. His example is a most precious gift.

Rabbi Gelberman, Brother David, and Father Maloney gave of themselves continually as well. Their words and very being were a great source of inspiration to all of us. They helped us to see that Yoga is truly ecumenical. Whatever tradition or faith you practice, Yoga will not take you away from it. Yoga will help you understand your own religion and strengthen your faith. Each of these great leaders was an example of this.

The last evening, a Yoga Ecumenical Eucharist service was held in which all of the leaders participated. Father Maloney served the eucharist as bread and wine; Rabbi Gelberman sang a passage from the Old Testament; Brother David gave a prayer reading; and Swamiji conducted a Hindu Puja worship ceremony and offered fruit and milk. Everyone participated in the chanting and partook of the offerings, feeling a deep communion with each other and everything around them. A divine spirit or vibration encompassed us--a universal spirit. You could see it in everyone's eyes, you could feel it in your own heart, you could hear it speak through these four men.



"Come together, live together, walk together, talk together. This is my one request; Never again see someone as different from you. See all others as your brothers and sisters." These were Swamiji's parting words; and we were all brothers and sisters for ten beautiful days. This spirit of togetherness was truly a gift. The world changed during those ten days because so many people changed their way of life. The end of the convocation was only the beginning. The beginning of a new hope, a new love, a new life. May this spirit remain with us always and may we share it with the world.

JAI SRI SATGURU MAHARAJ KI!

Aikya Malloy

SANTA CRUZ RETREAT

Summer in San Francisco is cool and foggy. One finds one's thoughts turning to September when the fog melts back into the sea and all life welcomes the returning rays of the summer sun. For the children of the San Francisco IYI, September held forth the promise of an even greater returning, that of their beloved Swamiji. All hearts turned to September 15, the day of his arrival. It was a bright, sunny day. The fog had gone to Dallas to delay the departure of Swamiji's plane. But arrive he finally did and held a beautiful satsang with the household members, after which all piled in cars and a chartered bus for the two hour trip to Camp Kennolyn in the Santa Cruz mountains, site of the first West Coast IYI retreat. Some 240 people from the West Coast and all over the U.S. gathered there on the camp's several hundred peaceful forested acres. The camp's most distinguishing feature is the beautiful main hall, built with single-handed devotion by one man. The story of this hall is best told by the large heart-shaped stone set inconspicuously in the rock fireplace. It was in the hall that everyone met on this full moon night and in the days and nights that followed.

After a brief orientation, people were assigned to sleep in cabins. The following morning, Swamiji officially opened the retreat with an inspiring explanation of the purpose of such a retreat and the outline of the program to be followed. All members were asked to observe Mouna (silence) for the time of the retreat and to further attempt to totally withdraw the consciousness from the outside world and bring it to focus within.

LOSS OF EQUANIMITY

Spare us Guru
Your smile
Opens the heart quietly--
A butterfly opens its wings

Your laughter wafts away the mind--
The pounding of wings suddenly rests
Motionless
The eagle soars heavenward.

How can I not feel elated?

Paul Barcel

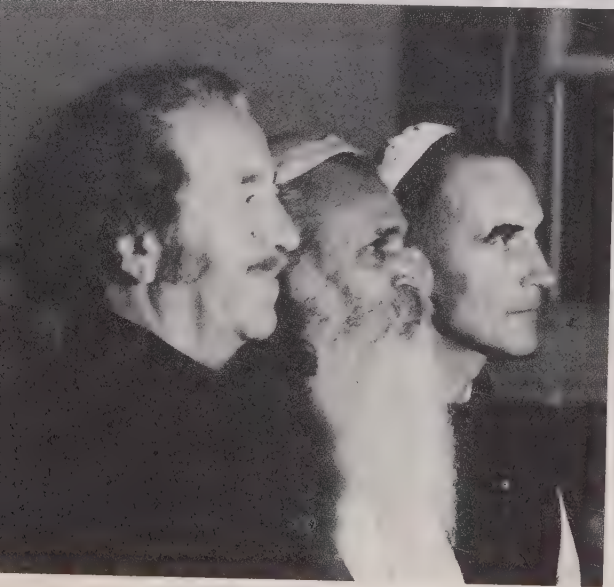
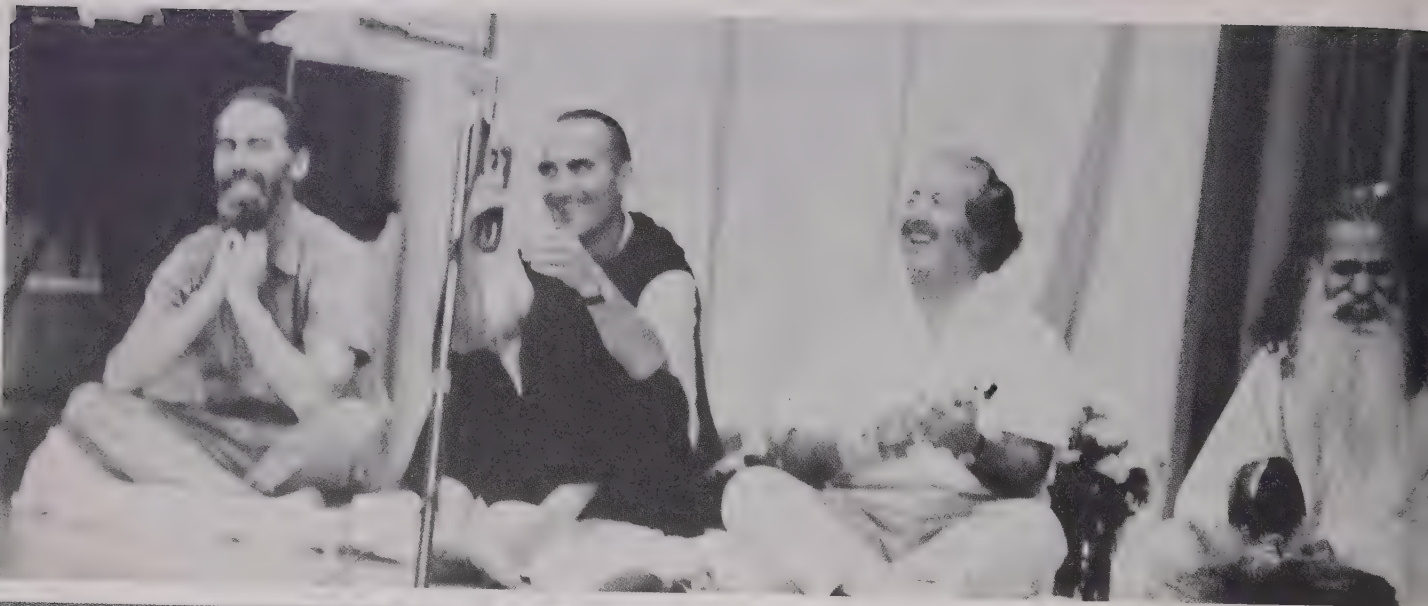
Do not envy the mountain
crumbling into the sea
nor worry the silent ocean
with the distance from you to me.

You are the peace I make
and I am a world away
between what was shed
like the skin of a snake
and the bones of another day.

If these words were as dead
as the leaves in a fountain
you'd gather and burn
what is resting in motion:

Light is all
we ever learn.

Tim Blanchard



"The quality of interpersonal relationships in its expressions of love and compassion was close to a long dreamed of ideal. The ecumenical aspect brought a unique emotional experience which strengthened my faith in the brotherhood of man."





"It was beautiful to see so many different faiths, races, walks of life praying and sharing together. I wish more could experience this."

"It has renewed my faith in humanity and myself."

"Never before have I experienced the overpowering Peace and Love of the presence of God. I wish to thank those responsible for this happening for giving me a new incentive and belief in life and today's youth."

"Thank you for letting me see faith in action and for experiencing your gentle spirit."



The first day was hard. Bones and muscles ached from sitting. Whether or not to look at one's friends when passing them was puzzling. And for some people, finding value in the chosen Karma Yoga projects was not easy. But then came Swamiji's evening Satsang, making the whole day seem worthwhile. Two more strenuous days followed, full of silence, moderate tapas, and the always present effort to look within.

On Friday, 90 people were initiated into Japa Yoga and participated in the following fruit feast. A truly auspicious time for beginning on the Spiritual Path. For, also on Friday, the sun and moon both shone during Hatha class (Ha-Moon, Tha-sun).

On Saturday, Swamiji announced a special program. People would be asked to express their feelings about the retreat and a talent show would follow. The inner energy of the previous days began to release itself as tears flowed and joyous eyes beamed. A stream of people flowed to the microphone. "I love you Swamiji." "This retreat has been the greatest experience of my life." "I want more." And so the comments went. A huge wave of love swept everyone. Some people told of land they knew about for future retreats and Swamiji asked that various plots of land being sold be checked out for a country center.

After dinner came the talent show. Music, poetry, dancing and applause and more joy preceded a last night's sleep in the fresh country air.

Sunday brought much embracing and smiles and deep long looks into each other's eyes. As the silence was lifted, everyone found his true Self relating to the same Self in the other person. The indrawn attitude allowed the true Self to be unveiled to each person, and all were One. In the midst of this elation some of Swamiji's followers who were studying at the Ali Akbar Khan College of Music gave a lovely Sarod recital, and other followers prepared an elegant vegetable curry luncheon. And then, amidst

packed and left for home, realizing that in fact, we had all come home and that we were all incredibly blessed.

Asoka Boyce &
Robertta Zen

JAPA

Before dawn
Spirit loses gravity.

A point of light rises
Behind my eyes
Out of sight.

A sound comes in
A place I cannot name
So much like distant thunder
I can feel my heart grow
Nearer, fearless, slowly
Answer to the name of God.

Tim Blanchard

SANTA CRUZ RETREAT

Blessed are we to find God
in our midst.
Blessed are we for he appears to us
in the form of a man.
Blessed are we for he has shown us
within ourselves.
Blessed are we for
in the dark of doubt
when words fail
when philosophy shrinks
in obscurity
when sorrow and pain seem
to overcome all else

We have only to remember
His Divine form
And the smile of the Guru
Illumines the God within us.
But most blessed are we
for we have shared tears
of joy
with God

OM SHANTHI

Paul Barcel

FOREST

Like tapering fir trees
rising on all sides of a
peaked green hill
We are all the limbs of one
larger body
Rising together on all
sides of the mountain.

DALLAS-BOULDER RETREAT

Via various phone calls, the Dallas and Boulder IYIs were able to come upon a very secluded meeting ground in Carsen National Forest, north of El Rite, New Mexico for our Labor Day Weekend Retreat. For fifteen hours, twenty-eight of us drove in a caravan of two cars, a bus, and a large van, through Texas and New Mexico. When we reached our destination there were already twenty-four people from the Boulder family waiting for us! It was a joy from the start. No one knew each other, but the sharing began immediately.

Kumar taught a Hatha Yoga class that fulfilled the meaning of Ha (Sun) and Tha (moon) and the finding of oneness, there in the midst of mountains and streams and mother earth. There were wonderful foods to feed the communal digestive fire, which gave us energy to have a Satsang and Bhajan for a few hours. We even had the great experience of hearing a tape of Swamiji - there in the middle of all the incredible peace about which He speaks. In fact, the silence was loud!

That evening it rained, which led to fifty-two people being in one large tent for morning meditation. Also, we were not able to do any Hatha Yoga, so we chanted and danced to the Lord's name for two and a half hours until the sun came forth to help melt our differences even more.

photo by Dan OI



We innovated a rather together Sauna by heating large rocks in a fire. Then we put them in an area covered by plastic sheets. About ten people were able to sit comfortably beneath this tent. They added some cold spring water and puff...instant steam! And did it get hot--a great contrast to the outside cold and our cleansing dip into the waterfall and stream. Quite invigorating!

During one point of walking meditation and individual hiking and wandering, Judee and Jessica were in the woods smelling, seeing, finding and feeling togetherness and peace as mother and daughter. Then a melodious "Hari Om" resounded throughout the area and seven year old Jessica asked, "What is that?" Judee told her it was the sound of the peace of the universe and Jessica responded, "Then Hari Om is a part of God, and this little flower, and you and I and the trees are all God too!" This was the understanding; this was the Love, and this was the Peace of the Weekend.

HARI OM TAT SAT

Ishwara Futral

DETROIT RETREAT

The Labor Day Weekend retreat was the first experience of a daily Yoga schedule for the students of the Detroit IYI. It served as both a joyous and dynamic introduction to Integral Yoga in practice and a sampling of what ashram life is like. The retreat was held in the beautiful setting of a small island located in the center of a lake near Brighton, Michigan. The use of the island was given to us by a friend, Tom Farmer. (It was fun importing supplies by motorboat from the mainland.) Twenty-two people attended the three day retreat directed by Hari and Soorya.

The strength of Swamiji's presence there was truly magical. Because of this, everything ran smoothly. His Guiding Hand could be felt in all the activities from the rising in the morning to the final evening meditation. This, combined with the fact that on that auspicious weekend the East Coast IYI's were having their Annhurst Retreat with Swamiji present and the Dallas and Boulder IYI's were also holding a retreat, made this retreat a truly unique experience. It was wonderful to know that at the precise moment we were in meditation, so were our brothers and sisters in different parts of the nation.

Om Shanthi,
Hari Zupan

HOW TO HELP IN THE WORLD'S TURBULENT SITUATION

He who would change the face of the world
must first build the little circle of his own home;
He who does this in perfect love
has then the whole world at his feet.

If you want to help a person who is in turmoil, you should equip yourself first with a peaceful mind and raise above the turmoil within yourself. Then your words or very presence will be helpful to that person. The best way to help is to find that peaceful state within by following any path that is suitable to you--prayer, meditation, or self-inquiry. Then you can easily help bring peace to others. But if you go out without having found that peace within, you will be adding more to that peaceless condition. Even to understand the situation, to find ways to help, you should have a peaceful mind to think about it. A peaceful mind will always find some way to help.

Turmoil begins with the human mind. Man is a thinking animal-- he is made by his thoughts. Ammunitions will not fight by themselves. It is the peaceless, disturbed mind that causes the turmoil. A mind full of greed, hatred and jealousy creates wars. If you want to put an end to it, see that there is no disturbance in your own mind. Yoga tells you that your own powerful thought force can bring practical results. A sincere one-pointed thought can travel all over the world. In the name of Yoga, we try to collect the mind and send out peaceful vibrations. Find that peace within, and then go out and do what seems appropriate to you.

A peaceful mind will resort only to peaceful methods, for violence can never be stopped by violence. To face violence with peaceful methods, you must first have peace. You do not have to sit quietly in your own home and pray. Have a calm mind, and then express your disagreement. Show your non-cooperation, but even that should not be based on violence.

Mahatma Gandhi wanted to demonstrate non-cooperation with the foreign rule in India. He prohibited buying all foreign materials. He sat in front of the offices and when the policemen assaulted him, he sat quietly and prayed or smiled at them. That is how he trained his volunteers for Satyagraha. Mahatma Gandhi believed in the Soul force, the truth. It is a kind of prayer in which you feel, "In the name of God, I'm expressing my disagreement with certain things. Let God change the minds of the people in power." And if a policeman clubs you, you should not raise your hand against him. He is still your brother. You know that he is just obeying a higher order. If you raise your hand against him, then you are believing in your own hand power, not Soul power.

If violence could stop violence, why are there so many wars? The world wars were not won in the right way with peaceful methods. The enemy was won over temporarily with power. Although the enemy retreated, he was still waiting for an opportunity to strike again. He was still left as an enemy--the war was won but not the heart of that man. The real victory is in winning his heart, not a country or money. Make him your good friend and change his mind. Then there will be no war.

As long as there is hatred in your mind, you are not fit to talk of peace. People talk of the political leaders as being responsible for wars. As long as there is hatred towards them, these people cannot help anyone. That is why we should believe in Soul force. Soul force will always win. Although peaceful methods take more time, the results are more permanent. We must have patience. We must have faith. Let us believe that if God or the cosmic plan wills certain things, there is a purpose behind them. But, at the same time, if we want to help change things, we have to produce beautiful, peaceful vibrations so that ugly thoughts will disappear. This is the purpose of Yoga.

Swami Satchidananda



At the Yoga Ecumenical Retreat, Swami Venkatesananda talked about the importance of recording all the little incidents of one's Guru. I thought this story might be helpful for other Yoga students. It exemplifies how Swamiji gives the most profound spiritual instructions in a simple way.

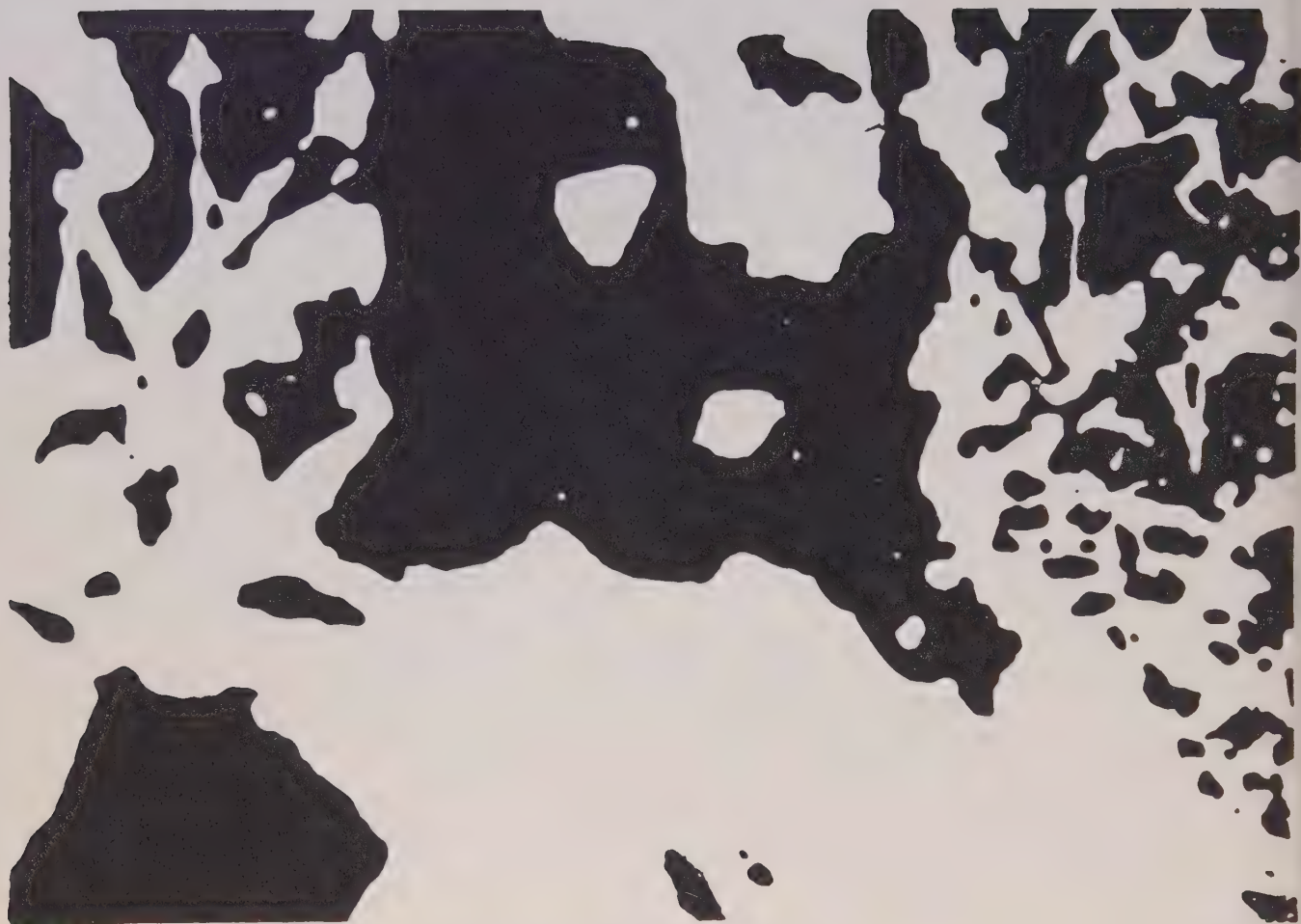
Shankar Shrobe

During a discussion period one Sunday afternoon, a boy asked Swamiji about an experience he had had in meditation. "I have been practicing meditation by repeating my manthra and trying to feel that the Guru is seated on the crown of my head. One day last week, I began to feel an unusual pressure on the top of my head while meditating. I became frightened and stopped. What should I do?"

Swamiji answered, "If you want the Guru to sit on your head, you must be prepared to hold his weight. Gurus are heavy, you know. All these days you have been imagining him sitting on the top of your head. Now that you feel his presence, why do you stop?"

Understanding what had happened, the boy asked, "When I feel the presence, should I continue to repeat my manthra?"

"When someone is standing in your doorway waiting to come in, you say 'Come in, please come in.' Once that person has entered the room, will you continue to say, 'Come in, come in?'. No, you will offer him a seat and listen to what he has to say. The manthra is like that--a calling or invocation. Once the presence is felt, there is no need to repeat the manthra. Just sit and listen to what it has to say to you.



PORTRAIT OF CHRIST

A Chinese photographer was riding one day through the snow covered countryside of interior China. His soul was troubled. He had been witnessing a great movement toward Christianity among his friends since the Japanese invasion. He longed to know the truth of what he had been hearing from the Christian missionaries. As he rode along, he said: "Lord, if I could only see Thy face, I would believe." Instantly a voice spoke to his heart: "Take a picture, take a picture." He looked out at the melting snow forming pools of water and here and there revealing the black earth. It was an unattractive scene. Nevertheless, being thus strangely compelled, the man descended and focused his camera on the snowy roadside. Curious to know the outcome of the incident, he developed the film at once on returning to his home. Out from among the black and white areas of the snow scene a Face looked at him, full of tenderness and love--the face of Christ. He became a Christian as a result. And because the Chinese people believe that, in this wonderful way, God has revealed himself to them in the hour of their trial, many have since found the Saviour through the picture, as the story of it is told all over China.

(it can best be seen by holding it an arm's length away)

ABOUT YOGA

Look at the surface of a lake. Try to see yourself clearly. If waves and ripples agitate the water you can see nothing but swirling mud and scattered light.

Wait for the wind to stop and for the mud to settle. The lake will be smooth like glass. You will see yourself clearly.

Imagine the mind as a lake. Look for your reflection. Reflect. Thought waves of anger, pride, hatred, envy, and greed whip the surface of the mind. Pills and drugs of all kinds get thrown in, stirring up the mind, making it cloudy. Look for your reflection. You cannot see yourself. The lake is too polluted to be clear. The mind is too confused to be still.

To really see yourself the mind must be peaceful. Not senseless or unconscious. Peaceful.

Yoga knows a path to peace. It is to "Serve, Love, Meditate, Realise."

* * *

A light bulb gives out light and some heat. Just by holding out your hand you can block the light. A laser is a light bulb too. It produces rays of incredible light and heat which would evaporate your hand if you tried to block them.

The essential difference between a light bulb and a laser is discipline. Rays of light from a bulb fan out in all directions. Actually the rays are, themselves, incoherent. They knock into each other like raw recruits who cannot march in step and stumble instead. In the laser, light is projected in a single, straight beam. The rays are coherent. They march, like well-disciplined soldiers, towards a common goal.

So a laser is really a yogic lamp. Yoga creates in you the single-mindedness of purpose which is the stuff of profound, unbroken concentration.

The goal of this beam of mental and spiritual energy is, in the words of Swami Satchidananda, a "healthy body, sound mind, dynamic will, ethical perfection, universal brotherhood, selfless service, and Self-realisation."

Krishna Prem Goldes

WHOLE WHEAT HONEY BREAD

(Makes 2 large or 3 small loaves)

Ingredients:

3/4 - 1 cup Honey	1 scant Tbsp. Salt
2 - 3 Tbsp. Dry yeast	1/4 Cup Corn Oil
7 - 8 cups Whole Wheat Flour	3 Cups Hot Water
	1/2 Stick melted Butter

Dissolve the honey in the hot water, When the water cools to lukewarm, add the yeast. Let stand 5 minutes, or until soft. Add the salt and the oil. Mix. Add 5-6 cups of flour. Mix well. Beat 100 strokes with a wooden spoon, until it becomes fluffy. Add 2-3 more cups of flour. Mix well. Turn onto a floured board (1 cup flour), and knead well. When kneading, always keep the same side on bottom, so that it will become smooth - this is important for the rising stage. When the dough is thoroughly kneaded (about 5 or 10 minutes), oil a bowl with a good amount of oil. Place the dough ball in it, with the smooth side down, and press it into the bowl, with the smooth side now facing up, rounded and oiled. Bring the dough to a warm place.

Let sit 1 hour or until double. Punch down by pressing all the air out. Let sit again in a warm place 1/2 - 1 hour, or until double. Punch down, and turn onto a lightly floured board. Melt the butter and grease the breadpans (you may use 2 large or 3 small pans). Divide the dough, and shape the loaves, making sure, again, to have a smooth side for the top of the loaf. Place the smooth side down into the pan, press it in, to make sure it gets fully covered with the butter. Now turn out, and place the rough side down into the pan. DO NOT PRESS DOWN. The top of the bread will now be rounded and oiled. Let sit in a warm place 1/2 hour or until the breads reach the top of the pans. Bake in a 350° oven, 45-50 minutes for 3 small loaves; 60 minutes for 2 large loaves. Do NOT bang the breads or let the oven door slam, as this will cause them to fall. Remove from oven when the crust is fairly hard and dark. Immediately remove breads from pans. Let cool by placing them on their side, to prevent them from falling.

OM SHANTHI

NEWS IN BRIEF

News of Swamiji--

The two months between mid-August and mid-October were filled with intense activity and travelling for Swamiji.

On August 25th, Swamiji visited the Detroit IYI. While he was there a TV show was taped for local viewing. Swamiji joined the close Detroit IYI workers for lunch and satsang and then went on to the Immaculate Heart of Mary Convent in Monroe, Michigan to give a lecture. On the 27th, Swamiji led the Sisters in meditation and a Hatha Yoga class. Swamiji then returned to New York and drove to Annhurst College in South Woodstock, Connecticut to conduct the ten-day Yoga Ecumenical Retreat attended by over 430 people (more information on the retreat can be found in the special retreat section of this issue). On August 30th, Swamiji left the retreat to speak at the opening of the Phoenix House Happening on Hart Island, N.Y. Swamiji spoke to several thousand young people gathered for this

drug-free musical and cultural festival.

Shortly after the retreat on September 10th, Swamiji joined in the celebration of the birthday of His Holiness, Sri Swami Sivanandaji Maharaj, which was attended by about 1000 people at the Community Church in New York.

On September 11th, Swamiji hosted a group of Indian Temple dancers who performed at the N.Y. IYI. The following Morning Swamiji left for Texas for speaking engagements sponsored by the Dallas IYI in Dallas and Austin. While in Dallas, Swamiji also met with the planners for Thanksgiving Square in Dallas, and he gave his advice and suggestions for a universal meditation room to be built in the Square. Swamiji's talks in Dallas and Austin were filled to capacity at the SMU and the Methodist Student Union. He also held a press conference in Austin. From Austin Swamiji flew on to San Francisco and then drove down to Santa Cruz for the five day west coast retreat at Camp Kennolyn attended by 240 people. Swamiji then spent the day of the 21st visiting the L.A. IYI and then flew to Colorado that evening to look at some property in Mineral Hot Springs which will be used as an Ashram site. Swamiji returned to Boulder later that evening and on the 22nd, he spoke to over 1000 people at C.C.U.. On the 23rd he spoke to about 1000 people at the Unity Center in Midtown Manhattan.

On the 26th Swamiji gave a short talk at a Benefit dance performance for the Ananda Ashram. October 2nd, Swamiji joined Baba Ram Dass, Swami Rudrananda and Swami Mukthananda to speak to almost 800 people at the Universalist Church.

October 9th was Swamiji's last public appearance in New York at the Universalist Church. About 700 people attended.

On October 15th, Swamiji gave his Blessing at a special Satsang and dedication for the new New York IYI headquarters at 227 West 13th St. On the 16th, Swamiji was seen off by 150 devotees as he left for a six month world tour. He will be stopping in England, France, Belgium, Switzerland, Italy, Germany and Holland before going on to India, Ceylon and other parts of the east and the Southern Hemisphere. During his last two months in America, Swamiji gave Initiation several times, including 85 people at the Annhurst Retreat, 38 in Dallas, 90 at the Santa Cruz Retreat, 23 in Boulder and 70 just before leaving New York for Europe.

IYI Hartford, Connecticut--

After just two months in new quarters, the Hartford IYI is already overcrowded. The family has grown to 8, and more are waiting to move in when larger quarters are found. The Institute seems to have become a cultural center, offering many interesting satsangs (a talk on Man and his place in Nature and on Sabian Astrology are scheduled for October) and classes (Vegetarian Cooking is full until February!) A fund-raising party, held on September 19th, was given by members of the Theosophical Society. Members of the India Association prepared the food at their own expense. Many classes are being taught at local colleges (including Annhurst where the recent retreat was held), the Vernon Adult Education Center, and the Torrington WMCA. An asana class was given at Roaring Brook Nature Center's Teach-In on October 3rd.

IYI Detroit, Michigan--

Swamiji has visited Detroit twice now and has given lectures

at Wayne State University and at the Universalist Church. Radio and television interviews were held on both visits. With the presence of Hari and the momentum created by Swamiji's last visit on August 25th, classes have been growing rapidly. The classes are now conducted from a room at Wayne State University. Several outside classes are being given at the University of Michigan, Macomb YWCA, Head & Hair Beauty Salon, and the Northland Shopping Center (in conjunction with T.A.D.E.--Teen Alcohol and Drug Education). Hari has been counseling many young people there. A recent lecture was held at the University of Detroit and a lecture series will be given soon at all the colleges in the area. A beautiful Yoga retreat was held over Labor Day weekend for more than twenty people--many of the participants had never even met Swamiji!

On September 30, Hari and Soorya attended the Michigan Congress of the Parent-Teachers Association on drug abuse and met the Governor and other important government officials and people involved in drug rehabilitation and prevention. IYI literature about our work in this area was distributed and a meeting with a representative of the Governor's office on drug abuse will be held in the near future. The Detroit IYI is seeking a grant from the Model Cities Program to refurbish a floor of an abandoned hotel in order to work with Open City's Narcotic Detoxification Program.

Some of the Detroit family came to New York for Initiation on October 11th. A party was held the preceding evening at the New York IYI with chanting, an Indian feast, and wonderful entertainment by New York devotees. Welcome to our new family in Detroit!

IYI San Francisco, California--

On September 16th, the San Francisco, Los Angeles, and Santa Cruz IYIs came together for a retreat in the Santa Cruz Mountains. Almost 240 people from all over the country attended. Besides the regular activities of the retreat, an initiation ceremony was held for 90 people. Outside classes have expanded. Besides our regular classes in Burlingame, we now have classes at the Lone Mountain College and the Neighborhood House in San Francisco, as well as five classes a week in Berkeley. Classes have also been started at Phase Five, a drug rehabilitation center in San Mateo.

IYI Hollywood, California--

The major event of the past two months was, of course the retreat. It was a complete success! As the family is still growing, new headquarters are needed more than ever. A Benefit concert of Indian music will be given in conjunction with the S.S.A.I. Foundation. It will feature Ali Akbar Khan, Alla Rakha, Aashish Khan and Zakir Hussein. Many spiritual leaders have been coming to Los Angeles. Swami Venkatesananda, Swami Muktenanda and Baba Ram Dass have been guests of the Institute. IYI New York--

One of the major events of the past two months was the Yoga Ecumenical Retreat - August 28th to September 6th. There were over 400 participants for the 10 day program, conducted by Swamiji, Rabbi Gelberman, Brother David, Father Maloney, and Swami Venkatesananda at Annhurst College. The program included an interreligious Mass,

Sabbath service, and an entertainment program.

The Sivananda Jayanthi was celebrated this year at the Community Church on September 10th. Over 800 people attended a beautiful presentation of the Kathopanishad Drama, given by Satya, Roberts Blossom, Alice Coltrane, Jan Cobler, and other talented students from the Institute.

Many programs and classes have been given, including the Marines at Fort Schuyler, Parents Without Partners, International Society. The IYI ran a booth for the 84th Street block party. Classes have started at Payne-Whitney Clinic, Manhattan State Hospital, Phoenix House in Rockaway, Columbia, Marymount, Scholastic Magazine and others.

Another major event was the moving into the new building the week of October 12th. Over thirty people have come forward to live in the new ashram downtown, and also twenty-five at the uptown center. The New York Institutes will have space for probably twenty more within a few months to live and study Yoga full time and serve the Institute. The expanded facilities will include Hatha Yoga rooms, offices, library, work space, communal kitchen and dining areas, and studios for students and workers of the Institute. It is hoped that New York can become a training center for others around the U.S. and the world to come and live in ashram surroundings.

Rabbi Gelberman gave a special Rosh Hashonah service to forty people on October 2nd.

On October 11th, 70 people from the New York, New Jersey, Connecticut and Detroit Institutes were given manthra initiation.

The new building was opened on September 15 with a gathering of the New York family, Swamiji, and guests. On the 16th, Swamiji departed for Europe, India, Ceylon, and the Far East. Future programs will include Raja Yoga classes, Family Day, Sadhana Day, plus cooking and art classes.

IYI Lausanne, Switzerland--

The Lausanne Institute has bought a new house with two large Yoga halls, a garden and pure air (a forest is 100 yards away). There are now two Swiss branches, another in Lausanne and one in Fribourg. Classes are being given in La Chaux-de-Fonds, Neuchatel and Berne as well.



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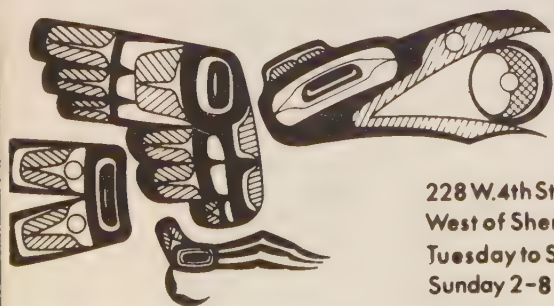
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
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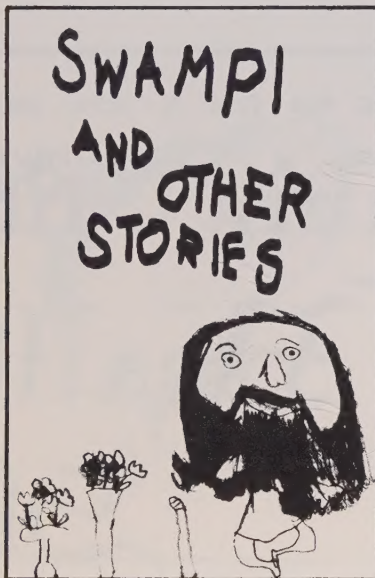
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CEYLON RETREAT

A retreat will be held in Ceylon from January 1 to January 15 under the guidance of Swami Satchidananda. If you are interested in attending, please contact your nearest IYI center for further details.

The New York Institute is planning a Bazaar which will be held shortly after Thanksgiving. All Suggestions and Donations welcome.



SWAMPI

This delightful booklet contains children's drawings and compositions about Swamiji. It is available at IYI centers everywhere. You may order a copy from any center for 25¢ plus 10¢ for postage and handling.

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HARI OM

It is with great joy that the Institute announces the beginning of activities at its new building at 227 West 13th Street. After many months of preparation, the Institute has expanded into this new location to provide more space for classes. The schedule will include Hatha Yoga, Raja Yoga lectures, cooking, arts, and special events. The new facilities offer space for a library, work areas, offices, sales areas, and quarters for full time students and ashramites. Share our joy as the Institute grows in service, dedication, and brotherhood.

OM SHANTHI

Ever

new

Joy

is

God

